



# News Release

P.O. Box 6015 • Columbia, MO 65205 • (573) 874-7460 • [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)

Release: December 21, 2006

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## Columbia Parks and Recreation January Calendar

Call 874-7460 to register or for more information or visit [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com).

### January

- 8-12 Advanced registration for adult winter volleyball, returning teams
- 9 Swim lessons begin, Session I, Hickman Pool
- 15 Dr. Martin Luther King Jr. Memorial Celebration, St. Paul AME Church, 7 pm
- 15-19 Open registration for adult winter volleyball, new teams
- 19 OAK/50+ Snowflake Dance, Parkade Center (east side), 601 Bus Loop 70W, 7-10 pm, \$3
- 20 Swim lessons begin, Session I, ARC

### **New Year Celebration**

Thursday, Jan. 4, 10 am, age 3-6  
Parkade Center, \$5

### **Little Explorers: B&B Bagels Tour**

Tuesday, Jan. 9, 10 am, age 3-6  
124 Nifong, \$2

### **Cardio/Strength Training Orientation**

Tuesday, Jan. 9, 5:30-6:30 pm, age 14-adult  
ARC, \$5

### **Parent/Child Swim**

Tues/Thurs, Jan. 9-Feb. 1, 6:30 pm, minimum age 6 months  
Hickman Pool, \$35

### **Learn to Swim**

Tues/Thurs, Jan. 9-Feb. 1, 6:30 or 7:20 pm, minimum age 3 years  
Hickman Pool, \$40

### **Intro to Web Design**

Wednesday, Jan. 10-31, 7-8:30 pm, age 16-adult  
ARC, \$32

### **Armory Science Klub (ASK)**

Thursday, Jan. 11-Feb. 15, 6-7 pm, 2<sup>nd</sup> and 3<sup>rd</sup> graders  
Armory Sports Center, \$10

### **Pee Wee Jazz and Ballet**

Saturday, Jan. 13-27, 9:30-10:30 am, age 4-5  
Parkade Center, \$34

### **Pee Wee Poms**

Saturday, Jan. 13-27, 10:45-11:45 am, age 4-5  
Parkade Center, \$34

### **Beginning Cheerleading**

Saturday, Jan. 13-27, 12-1 pm, age 6-10  
Parkade Center, \$34

### **Sports Preparation**

Monday, Jan. 15, 5:30-6:45 pm, age 9-15  
ARC, \$15 ARC Annual Member, \$20 Non-member

### **Intermediate Guitar**

Monday, Jan. 15-Feb. 19, 6:30-7:15 pm, age 12-adult  
Riechmann Indoor Pavilion at Stephens Lake Park  
\$49

### **Senior Fitness**

Tues/Thurs, Jan. 16-25, 8:30-10 am, age 50 and older  
ARC, \$20 ARC Annual Member, \$24 Non-member

### **Braille Fun**

Tuesday, Jan. 16, 10 am, age 3-6  
ARC, \$5

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**Taekwon-Do**

Tues/Thurs, Jan. 16-Feb. 22

Beginning, 6-7 pm

Intermediate, 7-8 pm

Advanced, 8-9 pm

Parkade Center

Ages: 7-adult

Fee: \$42

**Cardio/Strength Training Orientation**

Wednesday, Jan. 17, 9-10 am, age 14-adult

ARC, \$5

**Olympic Style**

Wednesday, Jan. 17, 5:30-6:45 pm, age 14-adult

ARC, \$15 ARC Annual Member, \$20 Non-member

**Beginning Weight Training**

Wednesday, Jan. 17, 6-7 pm, age 7-10

ARC, \$16 ARC Annual Member, \$20 Non-member

**Painting for the Terrified**

Thursday, Jan. 18-Feb. 22, 6-7:30 pm, age 18-adult

Parkade Center, \$42 + \$10 material fee

**Junior Taekwon-Do**

Thursday, Jan. 18-Feb. 22, 6-7 pm, age 5-6

Parkade Center, \$32

**Intro to Foil Fencing**

Thursday, Jan. 18-Feb. 22, 6:30-8 pm, age 10-17

Rock Quarry Park House, \$38

**Beginning Guitar I for Kids**

Thursday, Jan. 18-Feb. 22, 6:30-7:15 pm, age 7-11

Riechmann Indoor Pavilion at Stephens Lake Park,

\$49

**Beginning Guitar I for Adults**

Thursday, Jan 18-Feb. 22, 7:30-8:15 pm, age 12-adult

Riechmann Indoor Pavilion at Stephens Lake Park, \$49

**Adult Beginning Foil Fencing**

Thursday, Jan. 18-Feb. 22, 8-9:30 pm, age 17-adult

Rock Quarry Park House, \$38

**Speed Reading Made Easy**

Saturday, Jan. 20, 9-11 am, age 15-adult

ARC, \$21.50

**Parent/Child Swim**

Saturday, Jan. 20-Mar. 3, 10:10 am, minimum age 6 months

ARC Water Zone, \$35

**Learn to Swim**

Saturday, Jan. 20-Mar. 3, 10:10 or 11:10 am, minimum age 3 years

ARC Water Zone, \$40

**Intro to Guitar for Kids**

Saturday, Jan. 20-Feb. 17, 11:30-12:30, age 7-11

ARC, \$35

**Quick Study-Memory Mastery**

Saturday, Jan. 20, 1-3 pm, age 15-adult

ARC, \$21.50

**Best in the Web**

Monday, Jan. 22-Feb. 26, 1:30-2:30 pm

Armory Sports Center, \$15

**Soccer Strength and Speed**

Mon/Wed, Jan. 22-24, 6-7:15 pm, age 11-17

ARC, \$30 ARC Annual Member, \$36 Non-member

**Black Belt Taekwon-Do**

Monday, Jan. 22, Feb. 5 and 19, 6-8 pm, age 7-adult

Parkade Center, \$42

**Beginning Word Processing**

Monday, Jan. 22-Feb. 26, 6:30-7:30 pm

Armory Sports Center, \$15

**Preschool Picassos**

Tuesday, Jan. 23-Mar 13, 10-11 am, age 2-5

ARC, \$44 + \$5 material fee

**Intro to Computing**

Tuesday, Jan. 23-Feb. 27, 1:30-2:30 or 6:30-7:30, all ages, Armory Sports Center, Free

**Choose Your Own Weight Management**

Wednesday, Jan. 24, 5:30-7:30 pm, age 18-adult

ARC, \$8 ARC Annual Member, \$12 Non-member

**Knowing What Smart Students Know**

Saturday, Jan. 27, 9-11 am, age 12-19

ARC, \$21.50

**Simple Scrapbooking**

Saturday, Jan. 27, 1-3 pm, age 12-adult

Parkade Center, \$12 + \$10 material fee

**Score High on the ACT**

Saturday, Jan. 27, 1-3 pm, age 14-19

ARC, \$21.50

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**Cardio/Strength Training Orientation**

Tuesday, Jan. 30, 5:30-6:30 pm, age 14-adult  
ARC, \$5

**Emotional Freedom Techniques**

Wednesday, Jan. 31-Feb. 7, 6-8 pm on the 31<sup>st</sup>, 6-7  
pm on the 7<sup>th</sup>, age 18-adult, Parkade Center, \$29

**Beginning Tumbling**

Wednesday, Jan. 31-Mar. 14 (skip 2/21), 7-8 p.m.,  
age 6-10  
Parkade Center, \$36